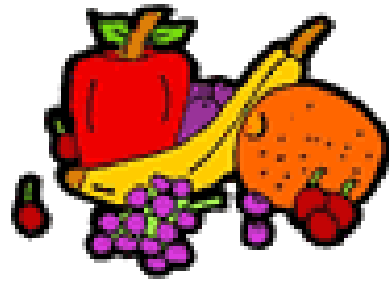


Five A Day For Fruits And Vegetables



Research shows that diets containing at least 5 servings of fruits and vegetables a day may help prevent 35 percent or more of all causes of cancer. In fact, eating more fruits and vegetables may reduce the risk of obesity, heart disease, and hypertension, as well. Eating 5 or more servings of fruits and vegetables each day is one of the most important things you can do for good health.

**Taken from ADA Nutrition Fact Sheet (www.eatright.org)

Following are some links to help you learn more about fruits and vegetables and easy ways to work more into your daily routine.

www.aboutproduce.com

Everything you need to know about produce is here, an abundance of information and recipes that make the bountiful varieties, delicious flavors and healthy benefits of fruits, vegetables, nuts and herbs come alive.

<http://www.eatright.org/nfs/nfs84.html>

This fact sheet from the American Dietetic Association talks about antioxidants, compounds commonly found in many fruits and vegetables.

www.extension.iastate.edu/Pages/pubs/

This will link you to Iowa State University Extension publications. Click on Food and Nutrition, and scroll down to read about many different topics.

www.5aday.com

Click on recipes at the top for a listing of recipe ideas with fruits and vegetables.

<http://www.extension.iastate.edu/nutrition/>

Click on Pick A Better Snack to learn more about this program and what Iowa is doing to increase fruit and vegetable consumption.

OTHER INFO: For a free 5-a-day brochure call 1(800) 4-CANCER